



## **Midcoast Unitarian Universalist Fellowship**

### **Worship Invitation March 12, 2023**



#### **March 12: Enough for Now**, Rev. Anne Bancroft

As we consider our March theme, the Path of Vulnerability, we are reminded by storyteller-researcher, Brené Brown, that we humans cannot “selectively numb” our emotional lives. We cannot turn off pain or anger without turning off everything, including surprise or creativity, for example. But maybe, in those times when we feel especially vulnerable or at risk, it doesn’t have to be about “full-speed-ahead,” or “100%.” Can we imagine that maybe, sometimes, something less can be enough?

#### **LIVE AT SKIDOMPHA LIBRARY AT 10:30 am**

**While we continue to recommend vaccination and the wearing of masks during Sunday services, we are no longer requiring them.**

We will continue to operate our high capacity Blueair air purifiers in Porter Hall during services. You may also join us via Zoom.

10:30 am using the zoom link below:

<https://us06web.zoom.us/j/93286813206>

Meeting ID: 932 8681 3206

One tap mobile

+13017158592,,93286813206# US (Washington DC)

+13126266799,,93286813206# US (Chicago)

Dial by your location

+1 929 205 6099 US (New York)

Meeting ID: 932 8681 3206

## Religious Exploration

Come join the YoUUth Explorers as we celebrate the Spring Equinox on Wednesday, March 22, from 5:30 PM to 8:00 PM at the Midcoast Friends Meeting House, 77 Belvedere Rd., Damariscotta. Pancakes (gluten-free) with maple syrup will be served from 5:30 – 6:00 PM. Following a meal, we will gather to welcome spring in ritual. Activities will follow: Pin-the-tail on the bunny; decorating eggs; and ikebana spring arrangements. Also, people can gather to talk and catch up in a relaxed setting. No reservations needed. Bring your own place setting (we will have some paper plates & utensils). Pancakes will be cooked until we run out. Suggested donation of \$5 per person to help offset costs.

Help needed: Cook pancakes, monitor an activity table – perhaps you have a favorite way to decorate eggs to share. Do you know the art of ikebana? We would love to have you facilitate that table. Can you cut some forsythias to force (need to do now) and bring in some other items for ikebana arrangements? Email Carney at [re@uumidcoast.org](mailto:re@uumidcoast.org).



## **Seeking Childcare Provider - we need your help!**

Our congregation is seeking a responsible adult (minimum age is 18 years) to provide care and manage a structured play program for toddlers and children each Sunday from 10 AM to 12 noon at the Skidompha Library in Damariscotta. \$40/Sunday. Please pass this information on to anyone you know that might be looking for this type of job. A detailed job description is available by emailing [re@uumidcoast.org](mailto:re@uumidcoast.org), or at [bit.ly/3yBKPE9](http://bit.ly/3yBKPE9). Position is open until a suitable candidate is found.

## **Dear MUUF Friends,** **Membership Committee**

We will soon be mounting our online Directory on our website to provide you with contact information for (and photos of) the members and friends of our Fellowship.

Voting members (you know who you are!), we already have your information, and will let you know how to submit a photo. Ditto for those of you non-voting members who have given me the necessary details. You will all have a chance to check that everything is correct for your entries. No need to do anything else right now - we'll let you know what, how, where, and when.

For everyone else, we would be delighted to include you in our Directory. It will help us all to connect to one another, and because it is electronic, it can be continually updated. You will be able to print yourselves copies directly from the website. (We can make arrangements for folks who have no access to a printer.)

The Directory will be part of a larger Handbook for members and friends of the Fellowship. It will be on the MUUF website in a password-protected section. **This part of the website will be available only to people who are in the Directory themselves.** In other words, if you want to know about others you meet through MUUF, you must be willing to be known by them. Sound fair?

If you are interested in being listed in the Directory, please send your name(s), street and mailing address, phone numbers, and email. Photos will be added just a bit later because I am sure that we all need help identifying that person whose name we should know. (Now we can figure out the mystery at home and no one will be the wiser!)

I look forward to hearing from you.

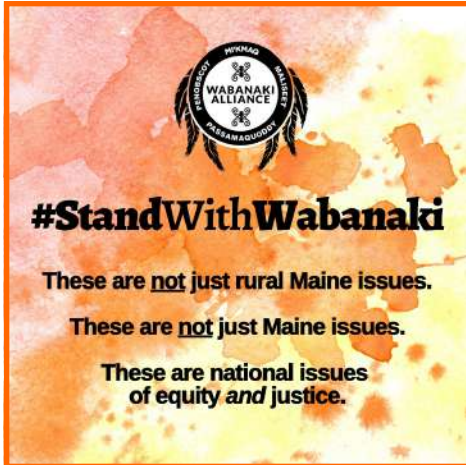
Jayne Gordon, Membership Chair

Email: [jaynegor@gmail.com](mailto:jaynegor@gmail.com)

Text: 508-577-4599



## Social Justice



### **State of the Tribes Address to the People of Maine by the Chiefs of the Wabanaki Nations Thursday, March 16th at 10:45am**

This address will take place in the House Chamber of the State House in Augusta with members of both chambers in attendance. Allies of the Wabanaki Alliance will gather for a Lobby Day starting at 8:30 with a de-briefing at the Welcome Center (immediately to the right after security), and proceeding to the State House around 9:30.

If you can't go in person, you can watch the livestream or recording here: [Maine House of Representatives - YouTube](#)

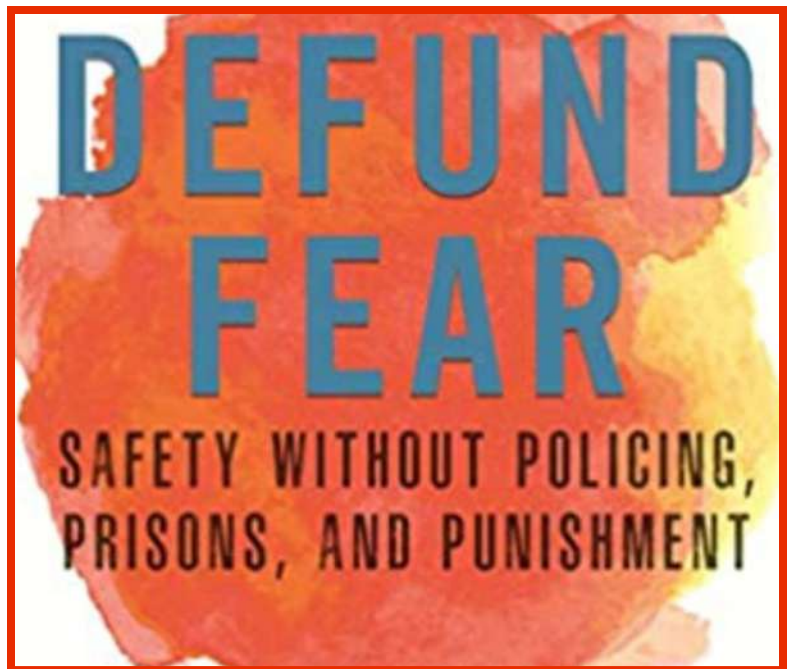
Contact the coordinator Meret [meretbainbridge@gmail.com](mailto:meretbainbridge@gmail.com) FMI, to reserve a MUUSAN name tag, or register!

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**Defund Fear: Safety Without Policing,  
Prisons, and Punishment** by Zach Norris,  
2021

**Free Zoom book discussion group:  
Tuesdays 7-8 PM on March 21, March 28  
and April 4, Facilitated by: Morgan  
Dunton, UU Rockland.**

*The book will be divided into 3 parts for discussion purposes. Order your copy from the InSpirit Bookstore at [UUA.org](http://UUA.org) or at your local Bookstore. Co-sponsored by First Universalist Church in Rockland and the Social Justice Committee of Midcoast Unitarian Universalist Fellowship in*



No charge and you are welcome to bring a friend.

**Please register by March 12th at this link:** <https://forms.gle/9fxkM7Na5mPKL3md9>



**Anti-racism Vigil:** The weekly Monday vigil's are from **12- 12:30pm** at the



Newcastle Veterans Memorial Park. Check [PUAR's](#) Facebook page for updates. The Facebook page now also includes a calendar with listings of ways to explore Antiracism and Colonialism here in Lincoln County and beyond. See the Facebook page for details. Several of our members are participating in the White Awake online program and the book read of Caste by Isabel Wilkerson. Lots going on!

\*\*\*\* Please email all newsletter articles and website information to:  
[news@uumidcoast.org](mailto:news@uumidcoast.org)

Worship Invitation Plus Weekly Newsletter Editor: Jennifer Ober